



Self: Activities that work on the individual



Relationships: Activities that work with peers/families/friends



Society: Activities contributing to the community outside of the CFO Activity Hub

DECEMBER - WEEK 1



Monday 02/12/2024	Tuesday 03/12/2024	Wednesday 04/12/2024	Thursday 05/12/2024	Friday 06/12/2024				
Reading Space 9:30-10:00	Improving relationships 09:30-10:00	Chill and Chat 09:30-10:00	Could I be a mentor? 09:30-10:00	Mindful Colouring 09:30-10:00				
Breakfast Club 10:00-10:30	Breakfast Club 10:00-10:30	Breakfast Club 10:00-10:30	Breakfast Club 10:00-10:30	Breakfast Club 10:00-10:30				
Wellbeing session: tea drinking	Reconnect visit 10:00-12:00 	CSCS 10:00-2:30 	Therapy Dogs 10:30-12:00 	CSCS 10:00-2:30 	CBT 10am, 11am, 1pm, 2pm, 3pm 	CSCS 10:00-2:30 	Christmas budgeting 	CSCS 10:00-2:30
CSCS 10:00-2:30								
Lunch Club 12:00-13:00	Lunch Club 12:00-13:00	Lunch Club 12:00-13:00	Lunch Club 12:00-13:00	Lunch Club 12:00-13:00				
Arts&Crafts 2pm-3pm 	Lego Nostalgia 1pm-3pm 	CBT 1 hour 1:1 sessions 10am, 11am, 1pm, 2pm, 3pm 	Liverpool in work 1pm-3pm 	Decorate the hub: Christmas edition 				
	Interview Prep 3pm-4pm 		Recovery Group 3pm-4pm 					
		Let's talk about ... HIV 1pm-3pm 	Disclosure Letter Writing 3pm-4pm 	Job Searching 3pm-4pm 				

Information

Hub is located at State House, Dale St.,
L2 4TR

Phone numbers: 07753415584 or
07741381060

Board Games, Lego Nostalgia,
Decorating the hub and Movie

afternoon focus on participants' social
wellbeing while working with their
peers on problem solving, creativity
and communication skills. Walks give
participants an opportunity to work on
their physical health.



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DECEMBER - WEEK 2



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4TR

Reconnect visit offers participants 1:1 sessions with professionals that can help them find further, more specific support in community. CBT sessions are 1:1 session with an accredited therapist, where participants work on their negative thinking, feelings and behaviours.

Arts&Crafts sessions offer a therapeutic environment with a focus on positive feelings and feelings of belonging.

Monday 09/12/2024		Tuesday 10/12/2024		Wednesday 11/12/2024		Thursday 12/12/2024		Friday 13/12/2024	
Reading Space 9:30-10:00		Improving relationships 09:30-10:00		Chill and Chat 09:30-10:00		Could I be a mentor? 09:30-10:00		Mindful Colouring 09:30-10:00	
Breakfast Club 10:00-10:30		Breakfast Club 10:00-10:30		Breakfast Club 10:00-10:30		Breakfast Club 10:00-10:30		Breakfast Club 10:00-10:30	
CSCS 10:00-2:30 	Future Focus: New year 10:30-12:00	Reconnect visit 10:00-12:00	CSCS 10:00-2:30	Ready, Set, Cook! 10:30-12:00	CSCS 10:00-2:30 	Guest speaker 10:30-12:00	CSCS 10:00-2:30 	Chess Club 10:30-12:00	CSCS 10:00-2:30
Lunch Club 12:00-13:00		Lunch Club 12:00-13:00		Lunch Club 12:00-13:00		Lunch Club 12:00-13:00		Lunch Club 12:00-13:00	
Arts&Crafts 2pm-3pm 		Lego Nostalgia 1pm-3pm 		CBT 1 hour 1:1 sessions 10am, 11am, 1pm, 2pm, 3pm 		CBT 1 hour 1:1 sessions 10am, 11am, 1pm, 2pm, 3pm 		Walk 13:00-15:00 	
CV writing 3pm-4pm		Interview Prep 3pm-4pm		DWP 1pm-3pm		Recovery Group 3pm-4pm		Job Searching 3pm-4pm	
IPP support group 2pm-3.30pm		Disclosure Letter Writing 3pm-4pm		Job Searching 3pm-4pm		Job Searching 3pm-4pm		Job Searching 3pm-4pm	



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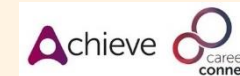


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DECEMBER – WEEK 3



Information

Hub is located at State House, Dale St., L2 4TR

Quiz offers participants an opportunity to learn and help them find new interests. DWP and Liverpool in Work offer participants 1:1 sessions with professionals that can help them improve their opportunities for a brighter future. Digital College will help participants improve their employability skills.



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Monday 16/12/2024	Tuesday 17/12/2024	Wednesday 18/12/2024	Thursday 19/2024	Friday 20/12/2024
Reading Space 9:00-10:00	Improving relationships 09:30-10:00	Chill and Chat 09:00-10:00	Could I be a mentor? 09:00-10:00	Mindful Colouring 09:00-10:00
Breakfast Club 10:00-10:30	Breakfast Club 10:00-10:30	Breakfast Club 10:00-10:30	Breakfast Club 10:00-10:30	Breakfast Club 10:00-10:30
CSCS 10:00-2:30 	Reconnect visit 10:00-12:00 	CSCS 10:00-2:30 	CBT 1 hour 1:1 sessions 10am, 11am, 1pm, 2pm, 3pm	Ready, Set, Cook! 10:30-12:00
		Therapy Dogs 10:30-12:00	Arts&Crafts 10:30-12:00	
Lunch Club 12:00-13:00	Lunch Club 12:00-13:00		Lunch Club 12:00-13:00	Lunch Club 12:00-13:00
Christmas Wellbeing 1pm-3pm	Lego Nostalgia 1pm-3pm 	CHRISTMAS DINNER AT THE HUB 1pm-3pm 	Liverpool in work 1pm-3pm	
			Recovery Group 3pm-4pm	Job Searching 1pm-2pm
CV writing 3pm-4pm	Interview Prep 3pm-4pm		Disclosure Letter Writing 3pm-4pm	



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DECEMBER – WEEK 4



Monday 23/12/2024	Tuesday 24/12/2024	Wednesday 25/12/2024	Thursday 26/12/2024	Friday 27/12/2024
Reading Space 9:00-10:00 	Improving relationships 09:30-10:00	 <p>HUB CLOSED FOR CHRISTMAS</p> <p>MERRY CHRISTMAS FROM LIVERPOOL CFO ACTIVITY HUB TEAM</p> 		
Breakfast Club 10:00-10:30	Breakfast Club 10:00-10:30 			
Christmas tidy up 10:30-12:00  	Reconnect visit 10:00-12:00 			
Lunch Club 12:00-13:00	Lunch Club 12:00-13:00			
Christmas Quiz 1pm-3pm 	Lego Nostalgia 1pm-3pm 			
CV writing 3pm-4pm 	Interview Prep 3pm-4pm 			

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Pass the Baton is a participant led session where participants learn more about communication skills, as well as build confidence and motivation to engage in group sessions..



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DECEMBER – WEEK 5



Monday 30/12/2024	Tuesday 31/12/2024	Wednesday 01/01/2025	Thursday 02/01/2025	Friday 03/01/2025
 <p style="text-align: center;">HUB CLOSED FOR NEW YEAR HAPPY NEW YEAR FROM LIVERPOOL CFO ACTIVITY HUB TEAM</p>			JANUARY TIMETABLE	JANUARY TIMETABLE

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St., L2 4TR

Phone numbers: 07753415584 or
07741381060



**Address: First Floor,
State House, 22 Dale St, L2
4TR
Tel: 07586115855**

December Activities to look out for...



Interested in gaining new knowledge, ask about → Pass the Baton, Walks, Movies, Coffee mornings ...

These sessions will introduce new interests and help you widen your knowledge. You might learn something new and you might also share your knowledge with others.



For support with motivation, confidence, isolation, ask about →

Lego sessions, Wellbeing sessions, CBT, therapy dogs, arts&crafts ...

Get support breaking down big goals, into smaller, more manageable steps, build confidence and motivation to achieve these goals and focus on a positive future. Improve mental, physical and social wellbeing.



For employment support, ask about →

CV writing, disclosure letter writing, job searching, mock interviews ...

Looking for employment and unsure where to start? These sessions will give you a chance to prepare for job applications, interviews and employment and allow you to improve these skills for the future.

